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YOUR GUIDE

To Effortless Lunches

Between September to June, school lunches are the bane of most parent's existence. If you are a busy parent seeking inspiration on what to pack in your child's lunch, you've landed in the right place!

As a busy mom of 3, I understand how challenging and exhausting it can be to come up with a selection of kid-approved lunches every single day. I have been making and packing lunches for over 15 years, so I totally get it. Between work, school, extracurricular activities, and everything else that fills your day, finding the time and energy to craft a fresh lunchbox each and every morning can feel overwhelming. There is nothing more upsetting than putting effort into packing a lunch, only to have it return, untouched, at the end of the day.

This guide to Effortless School Lunches is a collection of 20 of my tried and tested school lunches that will help you take the guesswork out of packing lunches.

I've got delicious ideas for every age - everything from finger foods, make ahead snacks and nutritious meals. Let's create lunches that both you and your kids can get excited about!



Let's Dive In!

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FAST & FUN

Simple Lunch Solutions

It's back to school time which means routine, rhythm and school supply shopping....but it also means that we are back to packing the dreaded lunchbox!

This guide is designed to help simplify your lunch planning and bring a burst of creativity to your lunchtime routine. Inside, you'll discover 20 diverse and delicious lunch box ideas, each thoughtfully designed to cater to busy families.

From kid-friendly classics like homemade lunchables to nutritious and satisfying options like chicken caesar wraps, our meal ideas are perfect for keeping both you and your little ones happy and nourished.

HOW TO MAKE PACKING LUNCHES EASIER

1. **Plan ahead:** take a few minutes each week and reference this guide. Choose the lunches that you want to make and take an inventory of what you have on hand. Make your grocery list based on your choices to ensure you have what you need for the week.
2. **Use leftovers:** when making your meal plan, think about what dinner items you can repurpose into lunch. For example if your dinner involves rice, be sure to make extra so you can create Chicken Fried Rice. If you're making tacos one night, put away some of that meat for a taco lunch.
3. **Invest in quality containers:** the best containers are the ones that have compartments to separate different foods and prevent messy spills. In addition, be sure to choose containers that you can pop into the dishwasher for convenience.
4. **Meal Prep:** Meal prep what you can on a Sunday. Making a batch of mini-muffins or energy balls and storing them in the freezer goes a long way to ensuring your lunch packing goes smoothly.



LUNCH BOX #1

HOMEMADE LUNCHABLES

INGREDIENT LIST

- Wheat Thins/Ritz Crackers
- Pepperoni or Ham Slices
- Mozzarella slices
- Granola Bar
- Yogurt tube or drink
- grapes
- cookies (store bought is fine!)



LUNCH BOX #2

OLIVE GARDEN PASTA

INGREDIENT LIST

- Cooked Rotini, Penne or Farfalle pasta tossed in Italian Dressing
- Turkey pepperette sticks
- Sliced sweet peppers and cucumbers
- Yogurt cup
- M&Ms



LUNCH BOX #3

BREAKFAST FOR LUNCH

INGREDIENT LIST

- Milk or yogurt
- Cereal of choice
- Grapes or melon
- Apple sauce
- Pretzels
- cheese string



LUNCH BOX #4

CHICKEN NOODLE SOUP

INGREDIENT LIST

- Chicken noodle soup packed in a thermos.
- Wheat thins
- Apple slices with cinnamon
- Mini muffin with sun butter and chocolate chips
- Carrots and ranch dressing



EASY LUNCH BOX #5

PIZZA ROLL UPS

INGREDIENT LIST

- Pizza Rollups: Tortilla, pizza sauce, cheese string, and turkey pepperoni slices
- Orange slices
- Ants on a log with sun butter or cream cheese
- Graham crackers
- Handful of chocolate chips



EASY LUNCH BOX #6

CHICKEN FRIED RICE

INGREDIENT LIST

- Chicken Fried Rice
- Apple sauce
- Cucumber slices with salt
- Clementine
- Ginger snaps
- Real fruit gummies



LUNCH BOX #7

QUESADILLAS

INGREDIENT LIST

- Air fry cheese between 2 tortillas and cut into wedges
- Salsa, sour cream and/or guacamole for dipping
- Yogurt tube, drink or cup
- Granola bar
- Sliced kiwi or strawberries



EASY LUNCH BOX #8

GROCERY STORE SUSHI

INGREDIENT LIST

- Grab a container of grocery store sushi (vegetarian would be best)
- Soy sauce packets or a small container of soy sauce
- Nori/seaweed
- Beef jerky
- Fruit cup
- Brownie or cookie



EASY LUNCH BOX #9

EGG BITES

INGREDIENT LIST

- Individual Egg and Sausage Bites
- Pumpkin mini-muffin
- Sun chips or Harvest Snaps Green Pea Snacks
- Cheese string
- Real fruit gummies



LUNCH BOX #10

HAM & CHEESE PINWHEEL

INGREDIENT LIST

- Deli ham, deli cheese, mayo and Thousand Islands Dressing wrapped in a tortilla and sliced into rounds.
- Edamame
- Nectarine slices
- Pretzels
- Carrots, Celery and hummus
- Mini chocolate bar



EASY LUNCH BOX #11

TUNA OR EGG SANDWICH

INGREDIENT LIST

- Tuna or egg, mixed with finely diced celery and mayo, sandwiched between bread, crusts removed, cut into 4 mini sandwiches
- Pretzels and raisins
- Cucumbers sprinkled with salt
- Mini muffin
- Apple sauce



EASY LUNCH BOX #12

TORTELLINI

INGREDIENT LIST

- Cheese or meat filled tortellini in tomato sauce, packed in a thermos
- Orange slices and pomegranate seeds
- Cucumber and avocado
- Energy balls



LUNCH BOX #13

BAGEL & CREAM CHEESE

INGREDIENT LIST

- Flavoured cream cheese or cream cheese and Jam in mini bagels
- Hard boiled egg
- Turkey pepperette
- Cherries
- Cherry tomatoes & mini peppers and dip
- Slice of banana bread or fruit leather



EASY LUNCH BOX #14

CHILI

INGREDIENT LIST

- Leftover chili in a thermos
- Tortilla chip 'scoops'
- Shredded cheese, sour cream or other favourite toppings
- Cucumber and avocado chunks
- Dried mango pieces



EASY LUNCH BOX #15

CHICKEN CAESAR WRAP

INGREDIENT LIST

- Air fried chicken fingers, romaine lettuce and caesar dressing in wrap
- Pineapple slices
- Popcorn
- Small handful of mini marshmallows
- Ginger snap cookies



LUNCH BOX #16

MAC & CHEESE BITES

INGREDIENT LIST

- Mac & Cheese bites
- Ketchup or hot sauce for dipping
- Deli ham, rolled into tubes
- Orange slices, or ½ banana (keep peel on)
- Rice crispy treat



EASY LUNCH BOX #17

DIY NACHOS

INGREDIENT LIST

- Leftover taco meat (room temp is fine)
- shredded cheese, extra salsa
- nacho chips
- Carrots and celery with ranch dressing
- Yogurt covered pretzels



EASY LUNCH BOX #18

HAM & CHEESE CROISSANTS

INGREDIENT LIST

- Croissants filled with ham, Swiss or cheddar cheese, honey mustard and butter
- Craisins and pretzels
- Side salad with Italian salad dressing
- Fruit leather
- Yogurt cup



LUNCH BOX #19

FRENCH TOAST

INGREDIENT LIST

- [Easy Air fried French toast 'sticks'](#) with maple syrup for dipping
- Clementine
- Turkey bacon
- Mixed berries
- Chocolate pudding



EASY LUNCH BOX #20

MEATBALL SUB SANDWICH

INGREDIENT LIST

- Slider bun or hot dog bun
- Store bought Meatballs in marinara sauce in a thermos [or use this recipe](#)
- Shredded cheese
- Pear
- fruit cup
- Mini cookies



STOCK YOUR PANTRY

[Apple Sauce](#)

[Fruit Cup](#)

[Beef Jerky](#)

[Pudding](#)

[Fruit Leather](#)

[Pretzels](#)

[Popcorn](#)

[Dried Mango](#)

[seaweed snacks](#)

[Granola Bars](#)

[Yogurt covered Fruit](#)

[Fruit Gummies](#)

[Ginger Snaps](#)



THANK YOU

I hope you've found these ideas both inspiring and practical, and that they'll make your lunch-packing routine a little easier, and a lot more fun.

Remember, the key to great school lunches is a mix of creativity, balance, and a bit of love.

If you enjoyed this ebook and found it helpful, I'd love for you to share it with friends and family who might also benefit from it.

And, of course, feel free to reach out with any feedback or additional tips you'd like to share. Your insights and experiences help to make this community even better!



You Can Do It!

Christie's lovestory

————— nourish & flow —————

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